

Training

Friday 13th May

Sport 's Hall TJ JM Chodov Praha

Because of 18 foreign delegation and different times fo arrivals, the official training is in this order, we hope that the organization will be as comfortable as possible :o)

Warm up area		Warm up area - Music	
9:00 – 10:00	Vladimir, RUS Vladimir Sdusshor N. Novgorod	10:00 – 11:00	Vladimir, RUS Vladimir Sdusshor N. Novgorod
10:00 – 11:00	Grace, Georgia "HOPE" Novosibirsk RUS	11:00 – 12:00	Grace, Georgia "HOPE" Novosibirsk RUS
11:00 – 12:00	Platinum, USA Isadora, USA	12:00 – 13:00	Platinum, USA Isadora, USA
12:00 – 13:00	Donetsk Ukraine Kharkiv Ukraine	13:00 – 14:00	Donetsk Ukraine Kharkiv Ukraine
13:00 – 14:00	CSKA, BUL	14:00 – 15:00	CSKA, BUL
14:00 – 15:00	FG San Marino Maccabi Motzkin, ISR	15:00 – 16:00	FG San Marino Maccabi Motzkin, ISR
15:00 – 16:00	Nevis RG, Sweden Gracija, Latvia Rhythmic Gymnastik Chur, SUI	16:00 – 17:00	Nevis RG, Sweden Gracija, Latvia Rhythmic Gymnastik Chur, SUI
16:00 – 17:00	Free space		

Sobota 14. května – Saturday 14th May

ROZCVIČENÍ NA ZÁVODNÍ PLOŠE
Warm up order on competition floor area

8:00 – 8:05	TJ JM Chodov
8:05 – 8:10	TJ Sokol Praha VII, CZE, ZŠ Hostivař, CZE
8:10 – 8:15	TJ Bohemians, CZE, SK MG Máj České Budějovice, CZE
8:15 – 8:20	SKP MG Brno, CZE
8:20 – 8:30	Allgemeiner Turnverein Graz, AUT
8:30 – 8:40	SK Ritam, SRB
8:40 – 8:45	

Pořadatel si vyhrazuje právo měnit časy začátků jednotlivých kategorií podle skutečného počtu přihlášených závodnic.

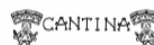
V sportovní hale TJ JM Chodov je nová podlaha a nelze na ni vstupovat v obuvi s podpatkem.

Žádáme všechny ROZHODČÍ a TRENÉRKY, aby se pohybovaly pouze v koridorech pokrytých koberci, které budou v závodní i tréninkové části haly. Přímý vstup na podlahu je možný pouze ve sportovní obuvi.

Děkujeme.

There is the new floor surface in sports hall TJ JM Chodov and it can not be entered with shoes with sharp heels.

We ask all referees and trainers, to move only in the carpeted corridors, which will be in competing and training part of the hall. Direct access to the floor is only possible in sports shoes.



8:00 – 8:45	warm up
8:15 - 8:45	meeting of judges and coaches
8:55	get ready for the competition I. category
9:00 - 9:05	<i>Exhibition TJ JM Chodov - MIMI</i>
9:05 - 12:00	competition I. category – prejuniors exercise with ball (odd numbers 1,3,5,...) and exercise with app. by choice (even numbers 2,4,6...)
12:00 - 12:10	break
12:10 - 12:15	<i>Exhibition - Sports Aerobic - Jakub Strakoš Team Jan Novosad, Jana Vůjtová, Josef Vůjta</i>
12:15	ceremony and awards for prejuniors
12:25 – 12:55	break, warm up for juniors, seniors
12:55	get ready for official opening ceremony of Chodov cup 2011
13:00 - 13:10	opening ceremony for all categories - Chodov cup 2011
13:10 - 13:15	<i>Exhibition - Acrobatic gymnastics - Jindřich Panský with life music by Ondřej Ruml</i>
13:15 - 15:30	competition II. category - juniors exercise with hoop (odd numbers 1,3,5,...) and exercise with clubs (even numbers 2,4,6...)
15:30 - 15:40	break
15:40 - 17:30	competition III. category - seniors exercise with hoop (odd numbers 1,3,5,...) and exercise with clubs (even numbers 2,4,6...)
17:30 – 17:40	break
17:40 - 17:50	special ceremony for all juniors and seniors before final Miss Chodov cup 2011
17:50 - 18:00	<i>Exhibition – dance company Dance2xs and Dominika Červinková</i>
18:00 - 19:00	FINAL for II. a III. category - Juniors and Seniors only first 6 gymnasts from each category + 2 extra gymnasts from TJ JM Chodov starting order is by starting numbers II. category (juniors) exercise with ribbon together with III. category (seniors) exercise with ball IV. category (seniors) separately exercise with ribbon
19:00 -19:10	<i>Exhibition – Noid a Eliška Bučková</i>
19:10	ceremony and awards for Juniors and Seniors MISS Chodov cup 2010
20:30 - ???	banquet for judges, coaches and gymnasts